

RLK Daily Snack Menu (wef 24 March 2025)

Day Week	Monday	Tuesday	Wednesday	Thursday	Friday
1 & 6	Cereal with milk Apple 麦片牛奶, 苹果	Chicken and vegetable porridge 鸡肉蔬菜粥	Soup Macaroni with bean curd and vegetable 蔬菜豆腐通心粉汤	Rice with egg and vegetable soup 饭拌蛋和蔬菜汤	Butter sandwich 牛油三文治
2 & 7	Steamed Bun with milk Apple 馒头牛奶, 苹果	Tofu and vegetable porridge 豆腐蔬菜粥	Fried noodles with egg and vegetable 炒面加蛋和菜	Chicken Rice with vegetable 鸡饭配蔬菜	Strawberry jam sandwich 草莓果酱三文治
3 & 8	Oat with milk Apple 麦片牛奶, 苹果	Chicken and vegetable porridge 鸡肉蔬菜粥	Soup Macaroni with bean curd and vegetable 蔬菜豆腐通心粉汤	"Mui fan"-Rice with egg and vegetable 蔬菜鸡蛋烩饭	Butter sandwich 牛油三文治
4 & 9	Steamed Bun with milk Apple 馒头牛奶, 苹果	Sweet potato and vegetable porridge 番薯蔬菜粥	Sauced tofu with rice 豆腐拌饭	Rice with egg and vegetable soup 饭拌蛋和蔬菜汤	Strawberry jam sandwich 草莓果酱三文治
5 & 10	Oat with milk Apple 麦片牛奶, 苹果	Chicken and vegetable porridge 鸡肉蔬菜粥	Soup Macaroni with bean curd and vegetable 蔬菜豆腐通心粉汤	Fried rice with egg and vegetable 蔬菜蛋炒饭	Cheese sandwich 芝士三文治

Menus Subject to change without notice

*Full Cream Milk is served daily

RLK Enrichment Class Lunch Menu (24 March 2025)

Day Lesson	Monday	Tuesday	Wednesday	Thursday	Friday
1 & 5	"Mui fan"- Rice with egg and vegetable 蔬菜鸡蛋烩饭	Chicken Rice with vegetable 鸡饭配青菜	Chicken and vegetable porridge 饭配蛋和蔬菜	"Muifan"- Rice with vegetable 蔬菜烩饭	N.A
2 & 6	Fried noodles with egg and vegetable 蛋菜炒面	Rice with minced chicken in tomato sauce 饭拌番茄鸡肉碎	Fried rice with egg and vegetable 蔬菜蛋炒饭	Rice with tofu minced chicken 饭拌豆腐鸡肉碎	N.A
3 & 7	Soup Macaroni with chicken and vegetable 鸡肉蔬菜通心粉汤	Chicken Rice with vegetable 鸡饭配青菜	Chicken rice with vegetable 鸡饭配蔬菜	"Muifan"- Rice with vegetable 蔬菜烩饭	N.A
4 & 8	Fried Rice with egg and vegetable 蔬菜蛋炒饭	Rice with minced chicken in tomato sauce 饭拌番茄鸡肉碎	"Mui fan"- Rice with chicken, egg and vegetable 蔬菜鸡肉烩饭	Rice with tofu minced chicken 饭拌豆腐鸡肉碎	N.A

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